

YOUR HEALTH & WELLNESS

WHEN TRAVELING ABROAD

MANAGING YOUR HEALTH ABROAD

Study Abroad, as with any major life change, (regardless of length of time, location, etc.) has the potential to heighten pre-existing physical and mental health conditions or contribute to new ones. Local culture, custom and practices may not have or provide the support systems you might be accustomed to in the U.S.

It is your responsibility to consider how you will manage your health and wellness while you are abroad. For example, you may need to consider your dietary restrictions, allergies, medications, need for immunizations, etc.

To develop your health plan:

- Consult with your current health care providers.
- Use the resources available on the study abroad “Preparing to Go” website. rit.edu/global/health-safety
- Visit websites for the Center for Disease Control (CDC), World Health Organization (WHO) and the U.S. Department of State.
- Talk with your parents.
- Consult with faculty, advisors, or in-country staff.

Additional RIT Resources:

- Academic Support Center
- NTID Counseling and Academic Advising Services
- Office for Diversity and Inclusion
- Counseling and Psychological Services
- Student Health Center
- Center for Women and Gender
- Center for Religious Life
- Q Center
- Disability Services Office



HEALTH & WELLNESS ABROAD:

A few things to consider when you are selecting an overseas program or preparing for your departure

Medications

(over-the-counter vs. prescription, refills, etc.)

- Are my current medications legal in the countries I'm traveling to?
- Will I be able to bring enough to cover my full stay or get something similar/equivalent in country?

Allergies

(peanuts, shellfish, bee stings, etc.)

- Will I be exposed to potentially serious allergens?
- How will I work to reduce my chances of or treat an exposure?

Meal Restrictions

(vegetarian, vegan, gluten free, etc.)

- Will I be able to identify and obtain alternative meal substitutions?
- How will I communicate my meal needs in the host culture?

Mental Health

(ex. stress, depression, anxiety, etc.)

- How is my mental health condition viewed in the host culture?
- What kinds of resources and support will I have available to help me manage?

Physical Health & Mobility

(Asthma, Diabetes, walking Aids, etc.)

- What kind of environment will I be living and studying in and what kind of activities will I be participating in that might be affected by my physical health and mobility?
- What sort of adjustments or support would I need to participate successfully?

Sexual Health

(public displays of affection, sexually transmitted diseases, etc.)

- What are the values and customs regarding romantic relationships in my host culture?
- What sexual health risks should I be aware of and how do I protect myself?

Drugs/Alcohol

(tainted drinks, synthetic drugs, drinking age, etc.)

- What are the values and customs regarding drugs and alcohol in my host culture?
- What health and legal risks should I be aware of?

Learning Disabilities

(Dyslexia, ADHD, tutoring, etc.)

- How are my learning disabilities perceived in the host culture?
- What sort of accommodations or support would I need to participate successfully?

Environment of Program

(climate, altitude, etc.)

- How will the weather and terrain of my host country affect my health and wellness?

Interpersonal Relationships

(roommate issues, significant other back home, homesickness, etc.)

- Will you be studying, living and traveling with the same small group or will you be more isolated on your program?
- How might you cope with these situations and what communication resources will you need to be successful?

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